

**Full Report (All Nutrients) 09089, Figs, raw**

**Report Date: June 30, 2017 05:16 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:1% Refuse Description: Stems**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large (2-1/2" dia) 64g	1 medium (2-1/4" dia) 50g	1 small (1-1/2" dia) 40g
<b>Proximates</b>							
Water	g	79.11	16	0.337	50.63	39.55	31.64
Energy	kcal	74	--	--	47	37	30
Energy	kJ	310	--	--	198	155	124
Protein	g	0.75	16	0.028	0.48	0.38	0.30
Total lipid (fat)	g	0.30	--	--	0.19	0.15	0.12
Ash	g	0.66	16	0.010	0.42	0.33	0.26
Carbohydrate, by difference	g	19.18	--	--	12.28	9.59	7.67
Fiber, total dietary	g	2.9	--	--	1.9	1.4	1.2
Sugars, total	g	16.26	--	--	10.41	8.13	6.50
<b>Minerals</b>							
Calcium, Ca	mg	35	--	--	22	18	14
Iron, Fe	mg	0.37	16	0.020	0.24	0.18	0.15
Magnesium, Mg	mg	17	16	1.175	11	8	7
Phosphorus, P	mg	14	16	1.125	9	7	6
Potassium, K	mg	232	8	10.960	148	116	93
Sodium, Na	mg	1	8	0.041	1	0	0
Zinc, Zn	mg	0.15	--	--	0.10	0.07	0.06
Copper, Cu	mg	0.070	16	0.005	0.045	0.035	0.028
Manganese, Mn	mg	0.128	16	0.009	0.082	0.064	0.051
Selenium, Se	µg	0.2	--	--	0.1	0.1	0.1

**Vitamins**

Nutrient	Unit	1	Data points	Std. Error	1 large (2-1/2" dia)	1 medium (2-1/4" dia)	1 small (1-1/2" dia)
		Value Per100 g			64g	50g	40g
Vitamin C, total ascorbic acid	mg	2.0	--	--	1.3	1.0	0.8
Thiamin	mg	0.060	--	--	0.038	0.030	0.024
Riboflavin	mg	0.050	--	--	0.032	0.025	0.020
Niacin	mg	0.400	--	--	0.256	0.200	0.160
Pantothenic acid	mg	0.300	--	--	0.192	0.150	0.120
Vitamin B-6	mg	0.113	--	--	0.072	0.057	0.045
Folate, total	µg	6	--	--	4	3	2
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	6	--	--	4	3	2
Folate, DFE	µg	6	--	--	4	3	2
Choline, total	mg	4.7	--	--	3.0	2.4	1.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	7	1	--	4	4	3
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	85	--	--	54	42	34
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	142	1	--	91	71	57
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	9	--	--	6	4	4
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.07	0.06	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	4.7	--	--	3.0	2.4	1.9
<b>Lipids</b>							
Fatty acids, total saturated	g	0.060	--	--	0.038	0.030	0.024
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large (2-1/2" dia) 64g	1 medium (2-1/4" dia) 50g	1 small (1-1/2" dia) 40g
14:0	g	0.002	--	--	0.001	0.001	0.001
16:0	g	0.046	--	--	0.029	0.023	0.018
18:0	g	0.012	--	--	0.008	0.006	0.005
Fatty acids, total monounsaturated	g	0.066	--	--	0.042	0.033	0.026
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.066	--	--	0.042	0.033	0.026
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.144	--	--	0.092	0.072	0.058
18:2 undifferentiated	g	0.144	--	--	0.092	0.072	0.058
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Phytosterols	mg	31	--	--	20	16	12
<b>Amino Acids</b>							
Tryptophan	g	0.006	1	--	0.004	0.003	0.002
Threonine	g	0.024	1	--	0.015	0.012	0.010
Isoleucine	g	0.023	1	--	0.015	0.011	0.009
Leucine	g	0.033	1	--	0.021	0.017	0.013
Lysine	g	0.030	1	--	0.019	0.015	0.012
Methionine	g	0.006	1	--	0.004	0.003	0.002
Cystine	g	0.012	1	--	0.008	0.006	0.005
Phenylalanine	g	0.018	1	--	0.012	0.009	0.007
Tyrosine	g	0.032	1	--	0.020	0.016	0.013
Valine	g	0.028	1	--	0.018	0.014	0.011
Arginine	g	0.017	1	--	0.011	0.009	0.007
Histidine	g	0.011	1	--	0.007	0.005	0.004
Alanine	g	0.045	1	--	0.029	0.022	0.018

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large (2-1/2" dia) 64g	1 medium (2-1/4" dia) 50g	1 small (1-1/2" dia) 40g
Aspartic acid	g	0.176	1	--	0.113	0.088	0.070
Glutamic acid	g	0.072	1	--	0.046	0.036	0.029
Glycine	g	0.025	1	--	0.016	0.013	0.010
Proline	g	0.049	1	--	0.031	0.025	0.020
Serine	g	0.037	1	--	0.024	0.018	0.015
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0
<b>Flavonoids</b>							
Anthocyanidins							
Cyanidin <a href="#">3</a> <a href="#">4</a>	mg	0.50	20	0.07	0.32	0.25	0.20
Petunidin <a href="#">4</a>	mg	0.0	8	0	0.0	0.0	0.0
Delphinidin <a href="#">4</a>	mg	0.0	8	0	0.0	0.0	0.0
Malvidin <a href="#">4</a>	mg	0.0	8	0	0.0	0.0	0.0
Pelargonidin <a href="#">3</a> <a href="#">4</a>	mg	0.0	20	0	0.0	0.0	0.0
Peonidin <a href="#">3</a> <a href="#">4</a>	mg	0.0	20	0	0.0	0.0	0.0
Flavan-3-ols							
(+)-Catechin <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	1.6	55	0.18	1.0	0.8	0.6
(-)-Epigallocatechin <a href="#">4</a> <a href="#">5</a>	mg	0.0	8	0	0.0	0.0	0.0
(-)-Epicatechin <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a>	mg	0.5	56	0.06	0.3	0.2	0.2
(-)-Epicatechin 3-gallate <a href="#">4</a> <a href="#">5</a>	mg	0.0	8	0	0.0	0.0	0.0
(-)-Epigallocatechin 3-gallate <a href="#">4</a> <a href="#">5</a>	mg	0.0	8	0	0.0	0.0	0.0
(+)-Galocatechin <a href="#">4</a> <a href="#">5</a>	mg	0.0	8	0	0.0	0.0	0.0
Flavanones							
Hesperetin <a href="#">4</a>	mg	0.0	5	0	0.0	0.0	0.0
Naringenin <a href="#">4</a>	mg	0.0	5	0	0.0	0.0	0.0
Flavones							
Apigenin <a href="#">4</a> <a href="#">8</a>	mg	0.0	13	0	0.0	0.0	0.0
Luteolin <a href="#">4</a> <a href="#">8</a>	mg	0.0	9	0	0.0	0.0	0.0
Flavonols							
Kaempferol <a href="#">8</a>	mg	0.0	5	0	0.0	0.0	0.0
Myricetin <a href="#">4</a> <a href="#">8</a>	mg	0.0	13	0	0.0	0.0	0.0

Nutrient	Unit	1			1 large (2-1/2" dia) 64g	1 medium (2-1/4" dia) 50g	1 small (1-1/2" dia) 40g
		Value Per100 g	Data points	Std. Error			
Quercetin <a href="#">4</a> <a href="#">7</a> <a href="#">8</a>	mg	5.5	58	0.59	3.5	2.7	2.2
Isoflavones							
Daidzein <a href="#">9</a>	mg	0.00	1	--	0.00	0.00	0.00
Genistein <a href="#">9</a>	mg	0.00	1	--	0.00	0.00	0.00
Total isoflavones <a href="#">9</a>	mg	0.00	1	--	0.00	0.00	0.00
Proanthocyanidin							
Proanthocyanidin dimers <a href="#">1</a> <a href="#">2</a>	mg	0.0	11	0.01	0.0	0.0	0.0
Proanthocyanidin trimers <a href="#">1</a> <a href="#">2</a>	mg	0.0	11	0	0.0	0.0	0.0
Proanthocyanidin 4-6mers <a href="#">2</a>	mg	0.0	8	0	0.0	0.0	0.0
Proanthocyanidin 7-10mers <a href="#">2</a>	mg	0.0	8	0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <a href="#">2</a>	mg	0.0	8	0	0.0	0.0	0.0

<sup>1</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages**, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>2</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Concentrations of proanthocyanidins in common foods and estimations of normal consumption**, 2004 J. Nutr. 134 pp.613-617

<sup>3</sup>Dueñas, M., Pérez-Alonso, J. J., Santos-Buelga, C., and Escribano-Bailón, T. **Anthocyanin composition in fig (Ficus carica L.)**, 2008 J. Food Comp. Anal. 21 pp.107-115

<sup>4</sup>Harnly, J. M., Doherty, R., Beecher, G. R., Holden, J. M., Haytowitz, D. B., and Bhagwat, S., and Gebhardt S. **Flavonoid content of U.S. fruits, vegetables, and nuts**, 2006 J. Agric. Food Chem. 54 pp.9966-9977

<sup>5</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. **Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages.**, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>6</sup>Tsanova-Savova, S., Ribarova, F., and Gerova, M. **(+)-Catechin and (-)-Epicatechin in Bulgarian fruits.**, 2005 J. Food Comp. Anal. 18 pp.691-698

<sup>7</sup>Veberic, R., Colaric, M., and Stampar, F. **Phenolic acids and flavonoids of fig fruit (Ficus carica L.) in the northern Mediterranean region.**, 2008 Food Chemistry 106 pp.153-157

<sup>8</sup>Ribani, H. F., Huber, L. S., and Ridriguez-Amaya, D. B. **Flavonols in fresh and processed Brazilian fruits.**, 2009 J. Food Comp. Anal. 22 pp.263-268

<sup>9</sup>Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331